

ABSTRACT OF THE DISCLOSURE

5 An exercise system includes a local system having an exercise apparatus  
and an associated local computer, where the local computer controls and monitors  
the operation and use, respectively, of the exercise apparatus. The system further  
includes a remote system having a remote computer, and a transmission medium  
including a telephone line that couples the local system to the remote system for  
data communication between the local system and the remote system. The remote  
system may receive local system data from the local system concerning the use of  
10 the exercise apparatus, and the local system may receive remote system data from  
the remote system concerning the operation of the exercise apparatus. The local  
computer preferably controls the operation of the exercise apparatus based upon  
a modifiable script stored in a read/write memory of the local computer, which  
can be updated by the remote system. A method for controlling an exercise  
15 apparatus includes running a modifiable script on a local computer to control the  
use and to monitor the operation of an exercise apparatus, and communicating  
with a remote system to provide the remote system with data concerning the use  
of the exercise apparatus. The script is stored in read/write memory of the local  
computer and remote system data received from the remote system may include  
20 at least a portion of a new script to be stored in the read/write memory of the  
local computer.